

Patient information

Instructions for wearing splints

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Patient's name

Date of issue.....

Name of splint.....

Purpose of splint.....

Wearing times

- All the time
- Night and rest periods only
- During day time for 6 - 8 hours
- 2 hours on, 2 hours off during day time
- Other

Precautions

1. Do not alter your own splint. Contact the therapist who made your splint.
2. Should you experience pins and needles, increased pain, red areas from rubbing or an allergic reaction from the splint, stop wearing it straight away and contact your Occupational Therapist.

3. Heat of any kind can change the shape of your splint, including strong sunlight, steam and direct heat from a radiator.
4. Do not secure the straps too tightly, as there is a danger you may cause circulation problems

Cleaning

- Your splint may be washed by hand in cool soapy water.
- Towel-dry the splint before applying.

Your occupational therapist is

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Tel: (01284) 713300

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo) <https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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